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OCT 01 2015

The Kentucky Bicycle and Bikeway Commission  
Grant Program Application Form

Div. of Planning

Name of Organization: Kentucky Self-Advocates for Freedom

Address: Kentucky Community of Sharing, 101 W. Pike Street

City: Louisia State: Ky ZIP Code: 41230

Phone: 602 551-5229 E-mail: amwoodward1@windstream.net

Contact Person: Angela M. Woodward Title: State Director, Kentucky Community of Sharing

Brief Description of Your Organization and Its Goals and Objectives:  
KSAFF is the state association of people with disabilities. One of the current projects is the Kentucky Community of Sharing - a project to engage Louisa residents in sharing their gifts, talents and skills.

Project for which funding is requested: Bicycle repair clinic, bicycle safety training, League of American Bicyclists Instructor Certification classes.

Amount Requested: \$965.00 If approved, funds are needed by what date? April (May 2016 start)

If approved, the check should be disbursed to: KSAFF

Address: PO Box 23555, 400 Redding Road #7

City: Lexington State: Ky ZIP Code: 40523-3555

Federal ID # 35-2217720 or Social Security # \_\_\_\_\_

Attach a brief description of project: Include:

- (a) How this program or project fits the purposes of Kentucky Bicycle and Bikeway Commission Grant Program vision statement
- (b) If this is a new project or program or a continuation of an existing one
- (c) Who will be responsible for the project or program?
- (d) If the request is for a onetime project or for an ongoing program.
- (e) Describe the system(s) to be put in place to measure the results of the program.

# PAULA NYE

## 2015 GRANT APPLICATION



### BACKGROUND ON LAWRENCE COUNTY:

Lawrence County is located in Eastern Kentucky off of I64 just before you cross into Huntington, West Virginia. It has a population of 15,856 people. It has a per capita income of \$16,839, compared to \$22, 515 for the state. The overall health of the county is far below that of Kentucky (which does not lead the country in being healthy). This is due, in part to income, but also due to the lack of physical exercise. (See chart on the last page).

To inform and educate the citizens of Kentucky and promote the general public awareness within the Commonwealth of Kentucky to the health, recreational, economic, social, cultural and other benefits arising from bicycling and walking



## INTEREST IN BICYCLING:

Ashland Kentucky has a bicycling club, *Ashland Cycling Enthusiasts*, which boasts 250 members. They also have 880 followers on their Facebook page. Lawrence County, neighbor to Ashland, also has people interested in cycling and is host to the Appalachian Bike Tour, a scholarship fundraising event that has held annually in September for 22 years. This grant application seeks funds for a series of events to held cooperatively between ACE and KSAFF: Kentucky Self Advocates for Freedom (which is the state association of people with disabilities) with the help and guidance of the Kentucky Community of Sharing (a KSAFF Project), and Dan Smith, a Louisa resident cyclist and Pastor of the United Methodist Church.

It will include a bike repair clinic, a free camp for kids ages 5 – 12, a free Traffic 101 Safety course for adults, and a free League of American Bicyclists Instruction Certification class. Special attention will be given to the recruitment and accommodation of people with disabilities.



## PLANNED EVENTS: (tentative timeline)

May 10<sup>th</sup> 2016: A bicycle repair clinic will be held on Tuesday from 6pm – 9pm in Louisa. At this event people may bring in their bicycles to be taught repair basics including replacing tires, inner tubes, brake pads, and brake cables. Additional repairs will be available for parts that have to be ordered so that owners may be able to participate in the following Bicycle Safety events. Donated bicycles will be repaired as well and given away.

Repair instruction will be taught by members of ACE as well as local



Lawrence county cyclists including Mark Jackson (pictured), who, along with his wife Tina, were the sole organizers of the Appalachian Bike Tour for the first 15 years. Mark Jackson was in an accident several years ago and was critically injured. A part of his ability to continue to work and drive is accredited to his interest in bicycling. Mark is mechanically intuitive. He is able to repair bicycles and other residents bring them to him.



Two weeks later, on Tuesday, May 24<sup>th</sup>, from 5:30pm – 9pm in Louisa, there will be a Bicycle Rodeo for kids ages 5 – 12 to include a helmet giveaway, balance skills, bicycle handling on an obstacle course, how to check bike operation, safety prior to

riding, dealing with dogs, traffic, road hazards and other safety issues taught by a League Certified Instructor.

To inform and educate the citizens of Kentucky and promote the general public awareness within the Commonwealth of Kentucky to matters pertaining to bicycle and pedestrian safety through the development of curriculum, training aids, and/or educational programs or projects directly related to bicycle safety.

June, 2016: a Smart Cycling (Traffic Skills 101) class will be conducted in Louisa: this is an adult bicycle safety class and is taught by a League of American Bicyclists Certified Instructor. It will be offered to the public and it will also be required of anyone wishing to attend the League Instructor Certification class to be offered the following fall or winter.

November, 2016 or Winter 2017: A League of American Bicyclists Certification Training will be conducted. This will be held in Ashland. It lasts two and a half days. Anyone who attended and successfully passed the test of the Smart Cycling class held earlier will be eligible to attend (including members of the public who see the event offered on the LAB calendar). At this time, there are NO LAB certified Instructors east of Lexington. Once the award of the Paula Nye Grant is secured, a memorandum of understanding will be signed with LAB. Hosting the class requires a minimum registration of 8 dues paying members of LAB (\$40 each) and a class fee of \$300 per person with a maximum class size of 16. All other costs (the local organization has to provide the site) are borne by LAB. ACE will facilitate the determination and reservation of a site for the class.

To promote other bicycling and pedestrian related non-profit, educational and purposes as deemed appropriate by the Commission.



## GRANT REQUEST:

Costs:

### Bicycle Repair Clinic: Louisa (May 2016):

- Bicycle parts are budgeted at \$400 and will include but are not limited to (note...these may be needed at the TS 101 as well) :
  - a. Inner Tubes (7\$ each)
  - b. Shifter/Brake Cables (6\$ each)
  - c. Brake pads (10\$ each)

Total Bicycle Repair Clinic Cost Requested: \$400.00

Bicycle Safety Training for Kids: Louisa (May 2016):

- Quick Guides:50@\$1.00 each=\$50.00
- Helmets: 50@\$30 each= \$1500.00
- Bicycles for Door Prize Drawing \$200.00
- League of American Certified Instructor Fee \$350.00
- League of American Certified Instructor Travel Costs \$100.00

Total Bicycle Safety Training Cost Requested: \$2200.00

Smart Cycling Bicycle Safety Training for Adults: Louisa (June 2016):

- Quick Guides:20@\$1.00 each=\$20.00
- Bicycles for Door Prize Drawing \$625.00 (2 Adult Bicycles<sup>1</sup>)
- League of American Certified Instructor Fee \$600.00
- League of American Certified Instructor Travel Costs \$200.00

Total Smart Cycling Safety Training Cost Requested: \$1445.00

Instructor Certification Training: Ashland (November 2016/Winter 2017):

League of American Bicyclists Membership: 8@\$40=\$320.00

League of American Bicyclists Instructor Certification Training: 8@\$300=\$2400.00

Site costs: -0-

Total to Host Instructor Certification Training Cost Requested: \$2720.00

**TOTAL \$6965.00<sup>2</sup>**

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<sup>1</sup> An Electra @\$275 and a Sun Trike @\$350. Both of these were chosen because their design is more enabling for the elderly and people with disabilities.

<sup>2</sup> Includes \$300 KSAFF Administrative cost.



# KENTUCKY COMMUNITY OF SHARING BACKGROUND AND BUDGET 2015- 2016 LAWRENCE COUNTY



Background: This initiative, a project of KSAFF: Kentucky Self-advocates For Freedom (the state association of people with disabilities) is a community enrichment plan, called "Community of Sharing," which helps communities in Kentucky become engaged in a way that allows all citizens to become actively involved in what happens in the area where they live.

The plan uses the principles of Asset Based Community Development, which focuses on talking with community members to identify and celebrate individual and community talents, skills and assets rather than focusing on problems and needs.

The goal is to improve the community by actively listening to everyone, learning what the community has to offer and working toward common community goals for the betterment of all.

The area chosen in Eastern Kentucky is Lawrence County, a rural setting located near Ashland. The Lawrence County program is working in Fallsburg, Louisa and Blaine with each growing in size.

The interest in music is strong. Many citizens play instruments. Other interests in Lawrence County are: knitting, sewing, and canning, bicycling, square dancing, fishing,

geocaching, robotics, and sign language. A community garden was started this past summer as more people depend on gardens to feed their families and also need to know how to can their harvest. This is an opportunity to include the generation who has these skills and teach those who do not. Classes are being created to teach the skills that seem to be going the way of a lost art.

We are seeking to increase the number of activities that encourage physical exercise.

### Budget:

The Kentucky Community of Sharing Budget for Lawrence County is:

Wages (Community Builders): \$3620.00 monthly: 5 people

Minigrants: \$1200 monthly

(this is discretionary money that Community Builders are allowed to spend on projects)

Office Rent (Louisa): \$2400 annually

Grant Questions Contact: Angela M. Woodward  
State Director, Kentucky Community of Sharing  
[Amwoodward1@windstream.net](mailto:Amwoodward1@windstream.net)  
502/551-5279

Local Contacts: Dan Smith  
Pastor  
United Methodist Church  
Louisa, Kentucky  
[brodan57@gmail.com](mailto:brodan57@gmail.com)  
270-943-1543

Jeff Ball  
Ashland Cycling Enthusiasts  
Ashland, Kentucky  
[jeffballphoto@gmail.com](mailto:jeffballphoto@gmail.com)  
304-634-0372

# LOCATION: LAWRENCE COUNTY

<b>Total</b>	<b>Lawrence</b>	<b>Kentucky</b>
<b>Population</b>	15,856	4,395,295

<b>Per Capita Personal Income</b>	<b>Lawrence</b>	<b>Kentucky</b>
	\$16,839	\$22,515

<b>Premature Death (years lost per 100,000 population)</b>	<b>Lawrence</b>	<b>Kentucky</b>
	12,995	9,271

**Less than Good Health (percent adults)**

<b>County</b>	<b>Lawrence</b>	<b>Kentucky</b>
	30%(23.01-38.89)	23%(22.50-23.89)

**Physically Unhealthy Days (per month)**

<b>County</b>	<b>Lawrence</b> 7(4.99-8.78)	<b>Kentucky</b> 5(4.93-5.24)
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**Mentally Unhealthy Days (per month)**

<b>County</b>	<b>Lawrence</b> 6(4.27-8.7)	<b>Kentucky</b> 5(4.58-4.90)
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**Prevalence of Asthma (percent adults)**

<b>County</b>	<b>Lawrence</b> 23%(15.96-33.05)	<b>Kentucky</b> 15%(14.46-15.70)
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**Prevalence of Hypertension (percent adults)**

<b>County</b>	<b>Lawrence</b>	<b>Kentucky</b>
	47%(36.04-58.25)	39%(37.54-39.50)

**Heart Disease Deaths (per 100,000 population)**

<b>Lawrence</b>	<b>Kentucky</b>
271.1	224.0

INTERNAL REVENUE SERVICE  
P. O. BOX 2508  
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

DATE: February 2, 2005

KENTUCKY SELF-ADVOCATES FOR FREEDOM  
P. O. BOX 23555  
LEXINGTON, KY 40523-3555

Employer Identification Number:  
35-2217720  
DLN:  
17053100008034  
Contact Person:  
MICHAEL RYAN ID# 31362  
Contact Telephone Number:  
(877) 829-0055  
Accounting Period Ending:  
December 31  
Foundation Status Classification:  
503 (c) 3

Dear Applicant:

Based on information you supplied, and assuming your operations will be as stated in your application for recognition of exemption, we have determined you are exempt from federal income tax under section 501 (c) (3).

Donors may deduct contributions to you as provided in section 170 of the Internal Revenue Code. Bequests, legacies, devises, transfers, or gifts, with no consideration received. Ticket purchases and similar payments in conjunction with fundraising events may not necessarily qualify as deductible contributions, depending on the circumstances. Revenue Ruling 67-246, published in Cumulative Bulletin 1967-2, on page 104, gives guidelines regarding when taxpayers may deduct payments for admission to, or other participation in, fundraising activities for charity.

You are not required to file Form 990, Return of Organization Exempt Form Income Tax, if your gross receipts each year are normally \$25,000 or less. If you receive a Form 990 package in the mail, simply attach gross receipts are normally \$25,000 or less, and sign the return.

If you have any questions, please contact the person whose name and telephone number are shown in the heading of this letter.

Sincerely yours,



Lois G. Lerner  
Director, Exempt Organizations  
Rulings and Agreements